

Itinerary for Package: Langtang Gosaikund Trek

Langtang Region has over 70 glaciers of varying sizes, the Langtang and Ganesh Himal mountain ranges, and high-altitude lakes including Gosainkunda, Parvatikunda, Bhairavkunda, and Dudhkunda. The people in this place are mostly of Tamang and Tibetan origin, whose culture goes back to hundreds of years. The craftsmanship, dress, traditionally-built stone houses, and the beautifully carved wooden porches reflect their rich Himalayan heritage. Protected as Langtang National Park, visit to the area gives Himalayan nature experience and an insight into the lifestyle and culture of the Tamangs who are predominant inhabitants of the region.

Package Duration: 15 days

Day 1: Arrive Kathmandu (1350m)

Upon arrival in Kathmandu, Tribhuvan International Airport, you will be welcomed by the representative from Rural Journeys and transferred to hotel by private vehicle. Although the fertile Kathmandu Valley has been inhabited for thousands of years, its rich and varied cultural legacy essentially began during the 14th century under the Malla Dynasty. Patronized by the nobility, Newar artisans constructed temples, monasteries and elaborate courtyards that constitute a fascinating architectural history. Rest of the day at leisure or stroll around the hotel. Evening: Briefing about the programme along with questions/answers session with tour/trek leader. Overnight at the hotel

Day 2: Kathmandu Sightseeing

Sightseeing tour of Kathmandu Durbar Square, which never fails to impress visitors with its ensemble of palaces, courtyards and temples built during the Malla period. The Durbar Square includes the Hanuman Dhoka Royal Palace - the historic seat of the royalty; the magnificent Taleju Temple towering more than 40 meters; Kumari Ghar - the residence of the Living Goddess, Kumari and Kal Bhairav - the God of Wrath. Thereafter visit Swoyambhunath Stupa, resting on a hillock 3km west of Kathmandu, it is one of the holiest Buddhist Chaityas in Nepal. It is said to have evolved spontaneously when the valley was created out of a primordial lake more than 2,000 years ago. This stupa is the oldest of its kind in Nepal and has numerous shrines and monasteries on its premises. Thereafter, visit Boudhanath, is one of the UNESCO World Heritage sites in Kathmandu. The 36-meter-high stupa of Boudha is massive and dominates the skyline in the area. With countless monasteries around it, Boudha is the center of Tibetan Buddhism in Nepal. Take an early morning or evening stroll around the inspiring white dome buzzing with energy; observe the devout people circumambulating, light a butter lamp and say a little prayer, look around for souvenirs, or enjoy the view from a rooftop restaurant with a hot cup of coffee, Boudhanath is always full of life. Overnight at the hotel. Day 03 Kathmandu to Syabru Besi (1462m) | 7-8hrs drive. Drive to Dhunche, the headquarters of Rasuwa district, and to the town of Shyphru Besi, the starting point of our trek. The scenic drive offers some exciting and breathtaking sights of the mountains on one side of the road and steep inclines on the other. The district of Rasuwa is thickly populated by the local community of Tamangs, an ethnic group whose origin can be traced back to Tibet. Shyphru Besi is the perfect starting point from which to head off on our trek into the surrounding Tamang and Tibetan villages. Overnight at the lodge

Day 3: Kathmandu to Syabru Besi (1462m) | 7-8hrs drive

Drive to Dhunche, the headquarters of Rasuwa district, and to the town of Shyphru Besi, the starting point of our trek. The scenic drive offers some exciting and breathtaking sights of the mountains on one side of the road and steep inclines on the other. The district of Rasuwa is thickly populated by the local community of Tamangs, an ethnic group whose origin can be traced back to Tibet. Shyphru Besi is the perfect starting point from which to head off on our trek into the surrounding Tamang and Tibetan villages. Overnight at the lodge

Day 4: Syabru Besi to Lama Hotel (2500m) | 5-6hrs trek

After breakfast we cross Langtang Khola River and start our trail through a thick forest filled with oak, pine and bamboo trees. There are chances to witness some wildlife such as the local monkeys, wild boar and if lucky, the Himalayan Black Bear or the endangered Red Panda. The route goes by river bank for approx. 2hrs before starting a gentle ascent until we reach Lama Hotel. Overnight at the lodge

Day 5: Lama Hotel to Langtang Village (3500m) | 3-4hrs trek

Our day begins with gaining altitude while walking through beautiful mountain scenery along with the nearby river and surrounding waterfalls. As we reach Ghodda Tabela (horse stable) the snowy white peaks of the Langtang range come into view and after about 3hrs we reach Langtang village, the headquarters of Langtang National Park. The village's water-driven mills, flat-roofed Tibetan style houses and prayer wheels give you the charm of old days. Rest of the day, explore the village including local Yak Cheese factory Overnight at lodge

Day 6: Langtang Village to Kyangjin Gompa (3800m) | 4-5hrs trek

After having early breakfast trek down to Langtang valley through tiny ethnic Tibetan villages and past yaks and horses grazing in terraced fields until we reach Kyangjin Gompa. Situated on a small plain surrounded by the snowy peaks of the Langtang Range – Dorje Larpa (6990m), Langtang Ri (6370m), Langtang Lirung (7245m) and Yala Peak (5520m), Kyangjin Gompa has a monastery, a government run cheese factory (built with Swiss assistance) and a few houses and lodges. Overnight at the lodge

Day 7: Exploration day or climb Tserko Ri (5033m) | 4-5hrs trek

You can either choose to rest or visit the monastery and cheese factory or climb Tserko Ri. Situated at 5033m, Tserko Ri is a steep climb from Kyangjin Gompa and takes approx. 4-5hrs round trip. However, the spectacular mountain views available of the surrounding peaks and up and down the Langtang valley offer rewarding view after the difficult uphill trek. This is the highlight of Langtang trek and if energy permits you should climb the peak to have the rewarding view of Langtang's snowcapped mountain range in all its glory. Overnight at the lodge

Day 8: Kyangjin Gompa to Lama Hotel (2500m) | 3-4hrs

Today we retrace back down the Langtang valley through the rhododendron forests to Lama Hotel. The descend trail allows us get down quickly while at the same time allowing ample time for rest and lunch. Following the Langtang Khola River we pass through Langtang village to Ghoda Tabela until finally reaching to Lama Hotel. Overnight the lodge

Day 9: Lama Hotel to Thulo Syabhru (2260m) | 5-6hrs trek

Our day begins with steadily climbing to Thulo Shyphru and enroute we may come across some of the local white Langur monkeys as well as various local species of birds. Thulo Shyphru village is a remarkable cluster of homes perched atop a mountain with amazing views of Ganesh Himal, Langtang Himal and its ranges. From here enjoy the breathtaking sunset over the Himalayas. Overnight at the lodge

Day 10: Thulo Syabhru to Sing Gompa (3250m) | 4-5hrs trek

Again today the trail ascends up a steep path through oak, hemlock, and fir forests and passes through village of Dursagang (2660m) with continuing wonderful views of the Langtang Himal, Ganesh Himal, and the mountains far into Tibet. Upon arrival and have lunch, explore around Sing Gompa including the visit of local yak cheese factory and Buddhist monastery. Overnight at the lodge

Day 11: Sing Gompa to Gosaikunda (4360m) | 5-6hrs trek

Today our trail begins with gentle ascend out of Sing Gompa and becomes steep as we approach Gosaikunda. However, the rugged trail offers dramatic views to the west with Himalchuli (7893m), the Manaslu (8156mm) and the Ganesh Himal range including others. There are about a dozen lakes in the Gosaikunda basin and on our trail, high up on the ridge (4100m) the first, Sarawasti Kunda (lake) appears below. The trail then continues along a rocky spur and a short distance ahead the much larger lake, Bhairabh Kund comes into view. Keeping to the ridge we drop down alongside the largest lake, Gosainkund, where you should keep an eye out for the fabled black rock at the centre of the lake, said to be the head of Lord Shiva. Overnight at the lodge

Day 12: Gosaikunda to Sing Gompa (3250m) | 5-6hrs trek

After exploring around Gosaikund Lake, we descend back passing through Lauribijaya having wonderful mountain views and forest along the way. Overnight at the lodge

Day 13: Sing Gompa to Dunche (2030m) | 5-6hrs trek

Our trail first descends through pine, oak and rhododendrons forests until we cross the suspension bridge over the Sing Gompa Stream and afterwards the trail stretches over a flat level before we reach down to Dunche. Overnight at the lodge

Day 14: Dunche to Kathmandu | 6-7hrs

After early morning breakfast drive back to Kathmandu and check-in at hotel. Rest of the day at leisure or explore Thamel which is known by its narrow alleys crowded with various shops and vendors. Commonly sold goods include food, fresh vegetables/fruits, pastries, trekking gear, walking gear, music, handicrafts, souvenirs, woolen items and clothes. Small grocery stores, budget hotels, restaurants, pubs and clubs also line the streets. Overnight at the hotel

Day 15: Return home

Free until departure transfer to international airport for onward flight